

# April 2013-Fitness Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>(If available links to websites are included- in <a href="#">blue</a>)</i>	1	2	3	4	5	6
7	8 <b>Spring Fitness Challenge Begins!</b> Healthy Snack Day Centennial Park Walk	9 Take Stairs Tuesday Water Aerobics	10 Walkin' Wednesday	11 Wellness Support Meeting-Rm 426 Hike the Hills	12 Healthy Lunch Day	13
14	15 Healthy Snack Day Centennial Park Walk <b>Submit weekly totals</b>	16 Take Stairs Tuesday Water Aerobics	17 Walkin' Wednesday	18 Wellness Support Meeting-Rm 426 Hike the Hills	19 Healthy Lunch Day	20 <a href="#">Montana Warrior Run</a>
21	22 Healthy Snack Day Centennial Park Walk <b>Submit weekly totals</b>	23 Take Stairs Tuesday	24 Walkin' Wednesday	25 Wellness Support Meeting-Rm 426 Hike the Hills	26 Healthy Lunch Day	27 <a href="#">Early Bird Run</a>
28	29 Healthy Snack Day Centennial Park Walk <b>Submit weekly totals</b>	30 Take Stairs Tuesday Water Aerobics	Bike Walk Helena Commuter Challenge begins May 1!			